



Nutrition

Some things in life come with built-in rewards. Heart-healthy eating is one of them. If you make the effort, you can reduce your risk for heart disease and stroke — which hit blacks harder than other ethnic groups in America.

What you eat can affect some key risk factors for heart disease and stroke. Here is how these risk factors affect African-Americans:

- **High blood cholesterol** — An estimated 45 percent of non-Hispanic black men and 46 percent of non-Hispanic black women ages 20–74 have blood cholesterol above healthy levels.
- **Obesity** — Studies show 77 percent of non-Hispanic black women and 61 percent of non-Hispanic black men age 20 and older are overweight or obese.
- **High blood pressure** — As many as 30 percent of all deaths in hypertensive black men and 20 percent of all deaths in hypertensive black women may be attributable to high blood pressure.

The Skinny on Fats, Etc.

Trouble can begin in the kitchen. That's because traditional African-American foods — soul food — are often high in saturated fat, trans fat, cholesterol and salt. Here's what to know about each of these items. Let's talk about fats first.

Fats can be saturated or unsaturated. **Saturated fats** are usually solid at room temperature. Along with trans fats, they are the main dietary factors in raising blood cholesterol, which increases the risk of clogged arteries and heart attack and stroke. The main sources of saturated fat in the typical African-American diet are foods from animals and some plants. Foods from animals that contain saturated fat include whole milk, cream, ice cream, whole-milk cheeses, butter, lard and meats. Foods from plants include palm, palm kernel and coconut oils, and cocoa butter.

Unsaturated fats (polyunsaturated or monounsaturated fats) are liquid at room temperature. Using polyunsaturated and monounsaturated fats in place of saturated fat can help lower blood cholesterol levels and reduce cholesterol deposits in artery walls. Lowering cholesterol is a good thing, but you still should be careful about how much fat you eat. Fats have more than twice the calories of protein or carbohydrate.

Trans fats are a particular type of unsaturated fat. They result from adding hydrogen to vegetable oils used in commercially baked goods and for cooking in most restaurants and fast-food chains. They can raise total and LDL ("bad") cholesterol and lower HDL ("good") cholesterol, increasing the risk of clogged arteries, heart attack and stroke. Trans fats are found in hydrogenated and partially hydrogenated oils and products containing them, including cookies, crackers, cakes, French fries, fried onion rings, donuts and other commercial fried foods. Manufacturers now are required to label the amount of trans fats in foods.

Eat heart-healthy to reduce your risk for heart disease and stroke.



Nutrition

Cholesterol — is a soft, waxy, fat-like substance in your bloodstream and in all your body's cells. It's used to form cell membranes, some hormones and other tissues. Our bodies produce cholesterol, mainly in the liver. We also get it from eating foods from animals, such as meats, egg yolks, dairy products, organ meats (liver, kidneys, heart, brain, etc.), fish and poultry. When blood cholesterol levels are high, cholesterol and other fatty substances are more likely to build up in the inner walls of blood vessels. Eventually, these deposits can restrict or even block blood flow to the heart or brain, causing a heart attack or stroke.

Sodium is a mineral necessary in small amounts for many body processes. We consume most of our sodium in the form of salt, which is made up of sodium and chloride. High-sodium foods include cheeses, lunch meats, cured meats, breads, cereals, prepared foods like canned and frozen products, and baked goods made with baking soda or baking powder. In some people, too much sodium causes blood pressure to rise. High blood pressure makes the heart work progressively harder to pump enough blood to the body's tissues and organs. High sodium levels also cause the body to retain fluid, which increases the heart's workload.

Two other things to watch out for are sugar and alcohol. They contain calories without nutrient value and can also increase risk factors for heart disease and stroke.

Eating a steady diet of these foods can have a big impact on your risk for heart disease and stroke.

- Eating too much saturated fat, trans fat and cholesterol can lead to high blood cholesterol, a key risk factor for heart attack and stroke.
- High-fat foods are also high in calories, increasing the risk of obesity, another risk factor.

- Eating too many foods high in sugar can also lead to overweight and raise the risk for diabetes.
- Eating too much salt can lead to high blood pressure in some people. Drinking too much alcohol can also raise blood pressure.

The American Heart Association Dietary Recommendations

Managing your nutrition is all about knowledge and making good choices. We have the information you need. You have the power to learn and eat healthier.

There are lots of different kinds of foods, and they fall into different groups. One of the most important ideas in healthy eating is balance and variety. Try to eat a balanced diet that includes the recommended number of servings from each food group.

Eat a wide variety of foods to be sure you get the nutrients your body needs each day. Make whole grains, vegetables and fruits the foundation of your meals. This supports good nutrition and health, and may reduce your risk of certain chronic diseases.

Be flexible and adventurous — try new choices from each food group in place of any less-nutritious or higher-calorie foods you usually eat. Substituting healthier foods for less healthy ones is smart.

Daily Recommended Servings:

- **Grain Products (preferably whole grain)**
6 to 8 servings per day
- **Vegetables**
4 to 5 servings per day
- **Fruits**
4 to 5 servings per day
- **Fat-Free or Low-Fat Dairy Products**
2 to 3 servings per day



Nutrition

- **Lean Meats, Poultry and Seafood**

3 to 6 ounces (cooked) per day

Have 2 servings of fish, preferably fatty fish, each week.

- **Fats and Oils**

2 to 3 servings per day

Replace saturated fats with polyunsaturated and monounsaturated fats whenever possible. Limit trans fats.

Weekly Recommended Servings:

- **Nuts, Seeds and Legumes**

3 to 6 servings per week

- **Sweets and Added Sugars**

Limit to 5 or fewer servings per week

What is a serving?

Based on typical restaurant serving sizes, the number of servings recommended here can seem like a lot to eat. But don't be fooled: Restaurant portions can be twice as much or more than acceptable serving sizes. Here are some examples of how big a "serving" should be:

Grain Products

1 slice bread

½ cup cooked rice, pasta or cereal

1 oz. dry cereal (check nutrition label for cup measurements of different products)

Vegetables

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetables

½ cup vegetable juice

Fruits

1 medium fruit

¼ cup dried fruit

½ cup fresh, frozen or canned fruit

½ cup fruit juice

Fat-free Milk and Low-Fat Dairy Products

1 cup fat-free or 1 percent milk

1 cup fat-free or low-fat yogurt

1 ½ ounce fat-free or low-fat cheese

Lean Meat, Poultry and Seafood

3 ounces cooked meat

3 ounces of grilled fish

Fats and Oils

1 teaspoon vegetable oil or soft margarine with no more than 2 grams of saturated fat per tablespoon

1 tablespoon regular or 2 tablespoons low-fat salad dressing (fat-free dressing does not count as a serving)

1 tablespoon mayonnaise



*Try to eat a
balanced diet.*



Nutrition

Nuts, Seeds and Legumes

1/3 cup or 1 1/2 ounces nuts

2 tablespoons peanut butter

2 tablespoons or 1/2 ounce seeds without shells

1/2 cup dry beans or peas

Sweets and Added Sugars

1 tablespoon sugar, syrup, jam or honey

8 fluid ounces lemonade or sweetened
carbonated beverage

1/2 cup sorbet or fruit ice

Heart-Healthy Cooking and Eating Tips

One of the biggest rules of heart-healthy eating is, “Eat less saturated fat, trans fat and salt — for your heart’s sake.” Eating less of the harmful fats can help lower blood cholesterol levels and weight (especially when you are also physically active).

- Use canola, olive, corn or safflower oil in cooking.
- To add flavor, use herbs, spices or some of the salt-free seasoning mixes. Use vinegar, lemon juice, red hot pepper flakes, garlic or onions instead of salt.
- Compare the sodium content of similar products and choose the products with less sodium. Limiting the amount of salt you eat helps control blood pressure in most people.
- Don’t add cream sauces.
- Cut back on foods high in dietary cholesterol. Try to eat less than 300 mg of cholesterol each day. Some commonly eaten cholesterol-containing foods include eggs, shellfish, organ meats and whole milk.

Tips for Cooking With Fats and Oils

- **Know your fats!** Surprise — not all fats are bad. In fact, some are essential parts of a healthy diet. Unsaturated fats such as monounsaturated fat and polyunsaturated fat can help you reduce your risk of heart disease when you use them in place of saturated fat. Studies suggest unsaturated fats may even help lower LDL (bad) cholesterol when eaten as part of a low-saturated-fat diet. Beware of high levels of saturated fat, trans fat and dietary cholesterol in some cooking oils and shortenings; they can raise blood cholesterol and your risk of heart disease and stroke.
- **Choose fats wisely.** Choose fats and oils with 2 grams or less saturated fat per tablespoon, such as canola, olive, corn, soybean and safflower oils.
- **Read food labels carefully.** Be cautious when you read a label. Don’t look only at the levels of cholesterol, but also check for saturated and trans fat. Coconut oil, palm oil and palm kernel oil are high in saturated fat, even though they’re vegetable oils and contain no cholesterol.

*Eat less
saturated fat,
trans fat and
salt — for
your heart’s
sake.*





Nutrition

- **Substitute unsaturated fats for saturated fats.**

Replace the harmful saturated fats in your diet with healthful polyunsaturated and monounsaturated fats, such as canola, olive, corn, soybean or safflower oils. For example, instead of cooking with lard, butter or shortening, use unsaturated oils, light margarine or nonstick vegetable oil spray.

How to choose the right unsaturated oil

All these oils are low in saturated fat and good for your heart! But they have different taste and cooking benefits. Here are some tips to help you choose:

	Vegetable (soybean)	Corn	Corn-Canola Blends	Canola	Olive	Non-Stick Spray
Taste and cooking benefits	Overall good cooking oil	Brings out food's natural rich flavor; seals in moisture for freshness	Light and neutral, good cooking oil	Light neutral oil	Rich Mediterranean flavor	Fat-free cooking spray for all non-stick uses and easier cleanup
Best Cooking Uses						
Sautéing (pan frying)	Good	Excellent	Good	Acceptable	Acceptable	Good
Salads/pasta	Good	Good	Good	Good	Excellent	Acceptable
Stir-frying	Excellent	Excellent	Good	Good	Excellent	Good
Baking	Good	Good	Good	Good	Acceptable	Excellent

Read the nutrition facts labels!

Nutritional Facts of Different Vegetable Oils				
Dietary Fats* (per tablespoon)	Vegetable (soybean)	Corn	Canola	Olive
Fats to choose				
Polyunsaturated	9g	8g	4g	1g
Omega 3	1.1g	0.2g	1.2g	0.1g
Omega 6	7.5g	8.3g	2.7g	0.9g
Monounsaturated	3g	3.5g	8g	10g
Fats to avoid				
Saturated	2g	2g	1g	2g
Trans	0	0	0	0
Total Fats	14g	14g	14g	14g
Vitamin E**	30%	10%	10%	

* Fats play an essential dietary role, providing support for cells and vital body functions.

** % of Daily Value based on 2,000-calorie diet.

Mazola is a proud national sponsor of the American Heart Association's Search Your Heart program.



Nutrition

Eating moderate amounts of a variety of foods is essential to good health. Here is some advice about eating foods from different categories.

Spilling the Beans About Fruits and Vegetables

Eat more fruits and vegetables — at least five servings a day. A good-sized salad that includes five different vegetables such as lettuce, cucumbers, tomatoes, carrots and red bell pepper can equal 3–4 vegetable servings! Have your dressing on the side to control the fats, sodium and calories you eat.

- Steam, bake, broil or stir-fry vegetables in vegetable oils such as canola and olive oils instead of cooking with shortening or bacon grease.
- Use salad dressings made with unsaturated oils such as canola or olive oils.
- Munch on dried fruit snacks instead of candy.
- Eat a fruit salad instead of high-fat commercially baked cakes, pies and cookies for dessert.

Milking Low-Fat Dairy Products for All They're Worth

- Gradually ease off whole milk to skim milk. Start with 2 percent milk, then try 1 percent milk. Then skim milk. Soy milk is also low in fat.
- Use soft tub margarine instead of butter, or use other spreads lower in cholesterol.
- Eat fat-free or low-fat cheeses or those made from fat-free milk.
- Eat low-fat ice cream or sherbet instead of full-fat ice cream.

Getting Whole-Grain Goodness

- Eat six or more servings each day of whole grains such as whole wheat, oats/oatmeal, rye, barley and corn. Also try popcorn, brown rice, wild rice, buckwheat, cracked wheat, millet, quinoa and sorghum. Good sources are breads, cereals, brown rice or whole-wheat pasta.

- Choose foods that list whole grains as the first item in the ingredient list.
- Aim for about 25 grams of fiber each day.

Use little or no salt when you cook noodles, spaghetti, rice or hot cereal.

Talking Turkey . . . and Chicken and Meat and Fish

- When you prepare poultry, remove the skin before cooking. When roasting a whole chicken, leave the skin on during cooking but remove it before eating.
- Buy lean cuts of meat, and trim off all visible fat before cooking.
- Choose white meat most often when eating poultry.
- Cut back on processed meats that are high in saturated fat and sodium.
- Broil, grill, bake, stir fry or roast meats rather than fry them. Drain off fat after browning.
- Eat at least two servings of fish, preferably fatty fish such as trout, salmon or herring, each week.
- Serve low-meat or meatless meals to help cut down on saturated fat.

*Eat more
fruits —
at least five
servings
a day.*





Nutrition

Make Smart Food Choices at Restaurants

Can't find time to cook? Or just want to eat out? The challenge at a restaurant is to eat heart healthy. You still need to make good choices. You're in charge, so read the menu carefully and don't hesitate to ask your waiter for help in reducing fats and salt.

In restaurants, choose vegetables and broiled or baked chicken, lean meat and fish over fried foods. Select fresh vegetable salads and ask for low-calorie dressing on the side. Top bread with honey or jelly instead of butter. Share dessert — or better yet, skip it! The goal is heart health — yours!

At sit-down restaurants

You have many options for enjoying a more heart-healthy meal at a restaurant. Consider these suggestions for getting what you need:

- Ask the waiter to leave chips, fried noodles and french fries in the kitchen — or substitute salad or steamed vegetables.
- Begin your meal with water and salad, raw vegetables or clear soup. Ask for low-calorie dressing, or request regular dressing on the side and use it sparingly as a salad “dip.”
- Beware of high-saturated fat foods at the salad bar. Avoid bacon bits, cheese, croutons, egg yolks, fried Chinese noodles, olives, coleslaw, macaroni salad and marinated and potato salads. Select low-calorie salad dressing and use it sparingly.
- When ordering, choose foods that have been grilled, baked, steamed or poached instead of

fried, sautéed, smothered or au gratin. Don't select foods described as au gratin, buttered, breaded, casserole, creamed, fried, crispy, hash, rich, sautéed or scalloped. They may be higher in saturated fat.

- Cut the saturated fat on sandwiches by omitting bacon, cheese, mayonnaise and special sauces. Top with lettuce, tomatoes, mustard and pickles instead.
- For dessert, eat fresh fruit, frozen low-fat yogurt or sherbet.

Restaurant portions tend to be much larger than acceptable serving sizes, so don't eat everything on your plate — yet. Take the leftovers home in a doggy bag! Learn how to eyeball serving sizes accurately with the size comparisons below:

- 3 ounces of fish or meat equals one deck of cards
- ½ cup cooked rice, pasta, or cereal (about the size of a baseball)
- 1 cup of raw, leafy vegetables is about the size of a small fist
- 1 medium apple equals a baseball
- 1 ½ ounces of fat-free or low-fat cheese is about the size of 6 stacked dice.
- 1 teaspoon butter, margarine or jelly equals the tip of an average thumb

*Make good food
choices at a
restaurant.*





Nutrition

At fast-food restaurants:

No choice but fast food? Ask management for nutritional content information. Make healthy choices based on the nutritional charts and what's available.

Don't have time to get nutritional information? Use these tips:

- Select sandwiches with grilled meats, not fried.
- Choose grilled chicken over hamburgers.
- Choose turkey subs over ham or pastrami, and ask for mustard instead of mayonnaise or specialty sauces.
- Choose soft chicken tacos.
- Choose corn tortillas over flour tortillas.
- Select hot sauce instead of creamy specialty sauces.
- Order cheese or vegetable pizzas rather than meat toppings.
- Avoid high-calorie, carbonated sodas. Choose water, tea or low-fat or fat-free milk instead.

Meals and Snacks

The importance of breakfast

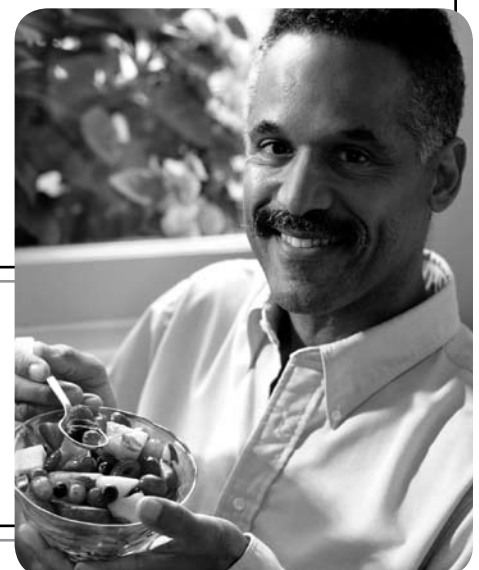
Eating breakfast is one of the most important things you can do for your body. Your body needs refueling after a night's sleep. A healthy breakfast jump-starts your system. It raises your metabolism and provides the fuel you need to get going. Studies show that eating breakfast improves academic and job performance, stimulates creativity and prolongs life. Eating a heart-healthy breakfast can also set the tone for smart food choices the rest of the day.

Eat breakfast even if you aren't hungry. Make yourself hungry by eating an earlier dinner and skipping those late-night snacks.

A heart-healthy breakfast: fruit, fiber and protein

- Prepare as much as possible the night before. Set out plates, toaster and fry pan as needed. Cut up fruit. Make low-fat muffins.
- A healthy diet includes five or more servings daily of fruit and vegetables. Get a jump start by eating two fruits at breakfast — one to start with and one on your cereal.
- Some breakfast is better than no breakfast. Running late? Grab a piece of toast, an apple or a small whole-grain muffin.
- Eating breakfast out? Avoid Danish pastries, croissants and oversized bakery muffins. Choose fruit, half a bagel or yogurt instead. Skip the bacon, sausage and other high-fat side orders.

*Eating breakfast
is one of the
most important
things you can
do for your body.*





Nutrition

Heart-healthy breakfast ideas

You have lots of options for a tasty, heart-healthy start to your day. Here are a few:

- Breakfast parfait with nugget-type cereal topped with fat-free yogurt and fresh fruit
- Blender shakes with fresh fruit, soy milk and ice
- Fat-free or low-fat cottage cheese
- Melon slice
- Apple slices
- Banana
- Orange juice
- High-fiber cereal with sliced bananas and ½ cup low-fat milk
- Toasted half bagel with jelly
- Whole-wheat toast
- Toasted whole-wheat English muffin
- Scrambled egg substitute or egg whites

Brown Bags and Snack Tips

Pack a heart-healthy lunch

Take a heart-healthy lunch to work or school. Throw in some nutritious snacks to help you make it through the day without a potentially unhealthy trip to the vending machine or snack bar.

Brown bag suggestions

Heart-healthy can be tasty. Here's proof:

- 1) Smoked turkey on whole-wheat bun with mustard, tomatoes, lettuce and pickles
 - Small bag of pretzels
 - Cut fresh carrots, broccoli and cauliflower
 - Apple or orange

- 2) Thin-sliced broiled chicken breast on whole-wheat bread with low-fat mayonnaise

- Black bean, cucumber, tomato, corn and purple onion salad with lime juice
- Banana
- Slice of angel food cake

Heart-healthy snacks

- Skip the cheese popcorn. Lightly coat air-popped popcorn with spray margarine, then sprinkle with garlic powder.
- Can't give up those chips? Eat a handful of baked or fat-free chips. Use salsa as a dip!
- Melon balls, grapes, fresh pineapple chunks or dried fruit make great healthy snacks.

Fruit makes a great healthy snack!





Nutrition

Time-Saving Tips

OK. Now you know how to cut down on the saturated and trans fat, cholesterol and salt. You believe **“less is best.”** But how can you eat heart-healthy on a busy schedule? Planning ahead is the key. Here are some tips:

Plan for the week. During the weekend, check everyone’s schedule and plan dinner for the week. Decide which night(s) you will eat out and agree ahead of time on restaurants that offer heart-healthy options. Decide what you’re going to order — before you go. For meals at home, make sure you have all ingredients. If you need to go to the store, make a list and buy only what’s on the list.

Remake the main course. When you roast a chicken or lean pork roast, cook twice the amount you need for one meal. Cube the remainder and use it in various ways the rest of the week. Freeze what you don’t use. Use small amounts:

- With lightly stir-fried vegetables and rice
- In a tomato- or fat-free-milk-based sauce over pasta
- With beans and seasonings
- In a clear vegetable soup
- Tossed with a frozen vegetable medley, low-fat, low-sodium cream of chicken or mushroom soup and fat-free milk
- In low-fat or fat-free tortillas with pico de gallo and fat-free cheese

Prepare dinner the night before or on the weekend.

Have food ready to bake, grill, broil or boil as soon as you walk in the door. The night before, prepare the poultry, meat or fish, then place it in a baking pan or skillet. Cut the vegetables for steaming. Make a salad and cover it with a damp paper towel. Keep the food refrigerated until you’re ready to start cooking. Dinner will be ready in a snap!

Make a lot at one time and freeze it. Making turkey spaghetti sauce, tuna casserole or chicken breast rolls? Make four times the recipe and freeze in containers the right size to suit your family. To defrost, move a container to the refrigerator the evening before you need the food. Reheat the dish as soon as you get home.

Use a slow cooker. Prepare all ingredients the night before. In the morning, just put them in the slow cooker and turn it on.

When shopping, only buy what’s on your list.





Nutrition

Eating Heart Healthy — For Life

Small changes in your eating habits can result in BIG changes in your heart health. What's the trick? Eat a well-balanced diet. Eat foods that are low in saturated fat, trans fat, cholesterol and salt — and eat smaller portions of everything. **Less is best.**

Here's how you can make it happen — for life.

- **Make healthy eating a priority.** You owe it to your family, your friends and yourself to stay healthy! Set a good example for the people around you!
- **Don't expect success overnight.** Small changes may take time to impact heart health but they are easier for you to continue!
- **Never say never.** If you tell yourself you can't have a specific food, you'll crave it. Give yourself permission to eat the foods you love, but eat them less often.
- **Plan ahead to avoid slips.** If you're like most of us, you can expect to take two steps forward and one step back. Try to anticipate difficult situations. Prepare healthy foods in advance. Store bite-size servings of fruits and vegetables in plastic containers where you can find them quickly. If you keep the healthy food handy, you have a better chance of saying "no" to unhealthy choices.
- **Take small steps.** Don't bite off more than you can chew. Set reasonable, specific goals each week — like eating just half your french fries or snacking on fruit instead of chips. Don't set goals like: "I need to lose four pounds by the end of the month." When you reach a goal, set a new one until you're eating heart healthy most of the time.
- **Drink more water.**
- **If you drink alcohol, drink in moderation (one drink/day if you are a woman and two drinks/day if you are a man).** If you don't drink, don't start. Alcohol is high in calories and low in nutrients. And it can be addictive.
- **Don't look back.** If you fall off the wagon, don't beat yourself up. Tomorrow is a new day. Set a reasonable goal and start again! This is a good time to remind yourself: You have the power.

- **Reward yourself.** When you achieve your weekly goal, reward yourself with something special like a movie or trip to the spa.

If you're trying to lose weight

If you want to lose weight, you'll need to reduce the calories you eat. Increasing your physical activity is also important. Don't rely on a fad diet to get you to your goal.

Eating just one food or emphasizing only one type of food, like protein or carbohydrates, isn't a healthy, balanced way to lose weight. Weight that comes off fast often goes back on quickly, too. You need to change your eating pattern and develop an active lifestyle so you can lose the extra pounds and keep them off for the rest of your life.

You'll have to use up more calories than you take in. For example, if you eat 2,000 calories a day to maintain your weight, each day you could eat 250 fewer calories and increase your physical activity to burn up another 250 calories. That means you'd reduce your calories by 500 a day. At the end of a week, you'd have lost 3,500 calories or one pound. That may not sound like a lot, but at the end of five months, you'd have lost 20 lbs. You would also have established healthy habits you could maintain, unlike relying on a crash diet.

The same things you've learned so far about heart-healthy eating still apply.

*Make healthy
eating a priority.*





Nutrition

Final Points

Follow the American Heart Association 2006 Diet and Lifestyle Recommendations for Cardiovascular Disease Risk Reduction. Here are the main points:

- Balance calorie intake and physical activity to achieve or maintain a healthy body weight.
- Eat a diet rich in vegetables and fruits.
- Choose whole-grain, high-fiber foods.
- Consume fish, especially oily fish, at least twice a week.
- Limit your intake of saturated fat to less than 7% of energy, trans fat to less than 1% of energy, and cholesterol to less than 300 mg/day by choosing lean meats and vegetable alternatives; selecting fat-free, 1% and low-fat dairy products; and minimizing intake of partially-hydrogenated fats.
- Minimize your intake of beverages and foods with added sugars.
- Choose and prepare foods with little or no salt.
- If you consume alcohol, do so in moderation.
- When you eat food prepared outside of the home, follow the AHA Diet and Lifestyle Recommendations.

*Small changes in
your eating habits
can result in BIG
changes in your
heart health.*





Nutrition

Heart-Healthy Recipes

PEACH AND BERRY CRUMBLE

You can whip this up for a little cozy comfort, regardless of the season.

Servings 4; ½ cup per serving

Vegetable oil spray	½ teaspoon vanilla extract
1 pound frozen unsweetened peach slices, thawed and halved, or 12 ounces peach slices and 4 ounces frozen unsweetened raspberries	⅓ cup uncooked quick-cooking oats
⅓ cup dried sweetened cranberries	¼ cup sugar
2 teaspoons cornstarch	1 tablespoon flour
2 teaspoons fresh orange juice or water	¼ teaspoon ground cinnamon
	2 tablespoons light tub margarine

1. Preheat the oven to 350°F. Lightly spray a nonstick 8 x 4-inch loaf pan with vegetable oil spray.
2. In a medium bowl, stir together the peaches, cranberries, cornstarch, orange juice, and vanilla until the cornstarch is dissolved.
3. Pour the peach mixture into the pan.
4. In a small bowl, combine the remaining ingredients except the margarine. Using 2 knives, cut the margarine into the oat mixture until it has a coarse texture and the pieces are about the size of small peas. Sprinkle over the peach mixture.
5. Bake for 25 minutes, or until the peaches are tender. Remove from the oven.
6. Preheat the broiler. Broil the crumble for 3 to 4 minutes, or until the topping begins to brown. Remove from the broiler and let stand for about 30 minutes to allow the flavors to blend.

Nutrition Analysis (Per Serving)

Calories	191	Total Fat	3.5 g
Cholesterol	0 mg	Saturated Fat	0.0 g
Sodium	46 mg	Polyunsaturated Fat	1. g
Carbohydrates	4 g	Monounsaturated Fat	1.5 g
Fiber	26 g		
Protein	2 g		



Nutrition

Heart-Healthy Recipes

CRISPY OVEN-FRIED CHICKEN

This heart-friendly alternative to traditional fried chicken is spicy and easy to make. The ginger is a pleasant surprise for your taste buds.

Servings 6

Vegetable oil spray	¼ teaspoon salt (optional)
4 cups wheat-flake or cornflake cereal, lightly crushed	Pepper to taste
1 medium garlic clove, crushed (optional)	6 pieces skinless chicken with bone (about 2¼ pounds), all visible fat discarded
1 teaspoon ground ginger, or to taste	Vegetable oil spray, butter-flavored or original
1 teaspoon paprika	

1. Preheat the oven to 350°F. Lightly spray a baking sheet with vegetable oil spray.
2. In a pie pan or on a piece of aluminum foil, stir together the cereal and garlic.
3. In a small bowl, combine the ginger, paprika, salt if using, and pepper. Sprinkle the seasonings on both sides of each piece of chicken.
4. Roll the chicken in the cereal crumbs to coat. Lightly spray the chicken on all sides with vegetable oil spray and put on the prepared baking sheet.
5. Bake for 45 to 60 minutes, or until the chicken is golden brown, tender and no longer pink in the center. (Timing will vary according to the thickness of the chicken pieces.)

Nutrition Analysis (Per Serving)

Calories	224	Total Fat	2.5 g
Cholesterol	79 mg	Saturated Fat	.5 g
Sodium	234 mg	Polyunsaturated Fat	.5 g
Carbohydrates	17g	Monounsaturated Fat	.5 g
Fiber	2 g		
Protein	34 g		